

## Food Bytes

### *Bite into a Healthy Lifestyle*

Have you heard the saying “Take a Bite out of Life”? Well, you can “*Bite into a Healthy Lifestyle*” for National Nutrition Month® (NNM). NNM is around the corner in March. The 2015 theme, “*Bite into a Healthy Lifestyle*,” encourages us to eat healthy and be active, make smart decisions about eating and activity, maintain a healthy weight and promote overall health.

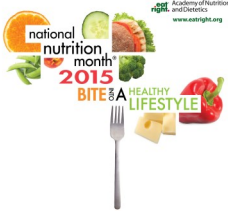
Each March the Academy of Nutrition and Dietetics celebrates National Nutrition Month. Start planning now to celebrate with your family, at your school, and in your community:

- Ask your governor or mayor to proclaim March as National Nutrition Month.
- Work with a registered dietitian (RD), chef or farmer to host a community nutrition event.
- Partner with a local grocery store or farmers market to promote National Nutrition Month.
- Promote NNM at school with posters, stickers, PA announcements, a recipe contest and educational activities.
- Volunteer at a community garden or food bank. Host a food drive.

**Nutrilink:** Find a registered dietitian (RD), nutrition tips and NNM info at [www.eatright.org](http://www.eatright.org).

## Menus for February 2015

[Insert name of Local Education Agency] Schools

				
Monday, February 2	Tuesday, February 3	Wednesday, February 4	Thursday, February 5	Friday, February 6
Monday, February 9	Tuesday, February 10	Wednesday, February 11	Thursday, February 12	Friday, February 13
Monday, February 16	Tuesday, February 17	Wednesday, February 18	Thursday, February 19	Friday, February 20
Monday, February 23	Tuesday, February 24	Wednesday, February 25	Thursday, February 26	Friday, February 27

## February

- American Heart Month
- National Cherry Month
- National Grapefruit Month
- National Sweet Potato Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>